Respect for military tradition and public service was evident all over Virginia's First District last weekend. I was pleased to gather with so many of you to commemorate Memorial Day and to honor the memory of the many Americans who have given the ultimate sacrifice in defense of this nation. At Memorial Day events in both Williamsburg and Yorktown, I heard so many inspiring stories of phenomenal American heroes. We must never fail to honor their service, and we must never take their sacrifice for granted. To the men and women of our armed forces, both past and present, and to your families – thank you for all that you've done for this great nation.

On Tuesday, I was pleased to spend time with a fantastic group of veterans in Dale City. The Prince William Chamber of Commerce Veterans Council hosted Delegate Rich Anderson and me at an event to discuss the important issues facing our Commonwealth and nation. Some of these issues will be coming up soon in consideration of the annual National Defense Authorization Act. Del. Anderson and I served together in the Corps of Cadets at Virginia Tech, and I was pleased to be with him and with the many dedicated patriots in attendance. Being able to take questions and clarify my views on various subjects is always important, but I particularly value the opportunity to hear specific ideas and opinions from citizens. That's why I meet frequently with constituents in my district offices and visit so many workplaces and organizations across the district. That's also why I drive home to the Northern Neck each night, even when Congress is in session. The best ideas to address our nation's challenges come from places like Yorktown, Tappahannock, and Fredericksburg – not Washington.

Another great discussion this past week came at the Quantico/Belvoir Regional Business Alliance's quarterly luncheon in Woodbridge. This region of the First District has seen significant growth in recent years, and this was a tremendous opportunity for me to discuss some of what's going on in Congress now and to answer questions regarding the way these potential policies can affect folks and small businesses in the First District. The recent, across-the-board budget cuts, known as sequestration, are of particular concern to folks in this area, and I stressed to the group my continued resolve to replace these cuts with more responsible, commonsense solutions.

Finally, I was honored this week to attend a government class at Kettle Run High School in Nokesville. I am always inspired by the optimism and civic engagement of our youth, and I enjoyed speaking with these talented students about my own background and about how issues being addressed in Congress today will reverberate for years to come. This generation has the enthusiasm and intelligence to take our nation to new heights, and I will continue each day to pursue policies in Washington that strengthen and enhance the opportunity that America offers.

The main streets of Virginia's First District are full of ideas to get our economy back on track, and your feedback is so important to me as I serve you. I can be reached by telephone at (202) 225-4261, through my website (www.wittman.house.gov), on Facebook (www.facebook.com/reprobwittman), and via Twitter (www.twitter.com/robwittman).

Congressman Rob Wittman represents the First District of Virginia. He serves on the House Natural Resources Committee and the House Armed Services Committee where he is the Chairman of the Readiness Subcommittee.